

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

February 2013

Chicken Broccoli Brown Rice Casserole

Three Bean Bake

Slow Cooker Hamburger Stew

Outtasight Salad

Chicken Broccoli Brown Rice Casserole

- 3 cups cooked brown rice
- 1 package (12 to 16 ounces) frozen broccoli florets or cuts, thawed (Fresh cut broccoli can be used in place of frozen.)
- 3 cups cubed, cooked chicken or turkey
- 1 can (10¾ ounces) fat-free cream of mushroom or chicken soup
- 1 cup skim or 1% milk
- ½ teaspoon black pepper
- 2 cups reduced-fat shredded cheddar or Colby cheese

1. Heat oven to 375 degrees.
2. In a 3-quart rectangular or oval baking dish, layer rice, broccoli and chicken.
3. In a medium microwavable bowl, combine soup, milk and pepper. Microwave on high 2 to 3 minutes or until hot. Stir until creamy; add 1 cup shredded cheese.
4. Pour soup mixture over all ingredients in baking dish. Using a fork, move ingredients gently to allow sauce to flow through layers. Sprinkle remaining cheese over top.
5. Bake for 30 minutes or until sauce is bubbly and cheese is melted.

Recipe Source: www.usarice.com/wic

Nutrition Note: This recipe makes 6 servings. Each serving has 370 calories, 9 grams of fat and 32 grams of carbohydrates.

Three Bean Bake

- 1 can (15 ounces) Great Northern beans, drained
- 1 can (15 ounces) pork and beans
- 1 can (15 ounces) light or dark kidney beans, drained
- ½ cup ketchup
- ½ cup brown sugar
- 1 tablespoon minced onion

1. Heat oven to 350 degrees.
2. Combine all ingredients in a large baking dish that has been sprayed with nonstick cooking spray.
3. Bake uncovered 30 to 40 minutes, stirring twice during baking.

Note: Most 15-ounce cans of beans equal 1¾ cups cooked beans. If your family likes meat, you can also add cooked ground beef or ham.

Recipe Source: www.kidsacookin.ksu.edu

Nutrition Note: This recipe makes 10 servings. Each serving has 170 calories, 1 gram of fat and 34 grams of carbohydrates.

Breastfeeding:

Why breastfeed?

“To me there was no other option.”

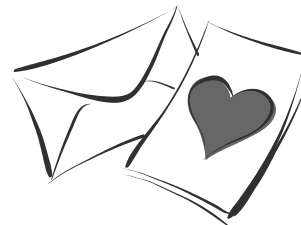
~ Monica, WIC Breastfeeding Mom from Bismarck, N.D.



For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Slow Cooker Hamburger Stew

- 1 pound lean ground beef
- ½ cup chopped onions
- 1 cup chopped carrots
- 2 cups chopped potatoes
- 1 cup chopped celery
- 1 can (14.5 ounces) tomatoes
- 4 cups water
- 1 teaspoon oregano, basil or other herb (optional)
- ½ teaspoon black pepper
- 1 tablespoon beef soup base or beef bouillon



1. Brown ground beef in a frying pan. Drain and rinse excess fat.
2. Place beef, chopped vegetables, tomatoes and water in a slow cooker. Mix, then add the oregano (optional), pepper and soup base.
3. Cook on low for 8 to 10 hours or on high for 4 to 6 hours.

Recipe Adapted From: SNAP-Ed Connection Recipe Finder (<http://recipefinder.nal.usda.gov>)

Nutrition Note: This recipe makes 4 servings. Each serving has 310 calories, 12 grams of fat and 24 grams of carbohydrates.

Tips for Raising Healthy Eaters

Enjoy Family Meals: Establish routines around mealtimes and snacks. Be sure to allow your child enough time to eat at the table – aim for about 20 minutes.

Adapted from the Dairy Council of California

Outtasight Salad

1 cup chopped vegetables (tomatoes, cucumbers, carrots, green beans)
1 cup juice-packed pineapple chunks, drained, or fresh orange segments

Dressing

¼ cup yogurt, nonfat, plain or fruit-flavored
1 tablespoon orange juice
1½ teaspoons white vinegar

2 cups salad greens of your choice
2 tablespoons raisins or dried cranberries
2 tablespoons chopped nuts, any kind

1. In a large bowl, mix chopped vegetables and fruit.
2. In a small bowl, mix the dressing ingredients.
3. Add the dressing to the vegetable and fruit mixture and stir.
4. Put mixed salad greens on a large platter or in a salad bowl. Spoon vegetable and fruit mixture over salad greens.
5. Top with raisins and nuts.

Recipe Source: SNAP-Ed Connection Recipe Finder (<http://recipefinder.nal.usda.gov>)

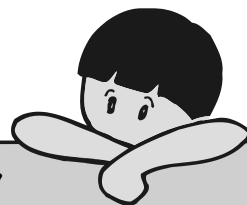
Nutrition Note: This recipe makes 4 servings. Each serving has 100 calories, 2.5 grams of fat and 18 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the
Special Supplemental Nutrition Program for
Women, Infants and Children
North Dakota Department of Health
Division of Nutrition and Physical Activity

600 E. Boulevard Avenue., Dept. 301 - Bismarck, N.D. 58505-0200
800.472.2286, option 1

Turn Off the TV



Preschoolers love to help you with chores, which can keep you both active. Some chores to do inside are pick up toys, make beds, pick up and put away dishes, dust furniture, set the table for meals, water plants, and feed and care for pets.

Source: Minnesota WIC Program

Physical Activity Ideas

As children grow, they may be ready for new activities.

- By age 2, they can run, walk, gallop, and jump and swim.
- By age 3, they can hop, climb, ride a tricycle or bicycle with training wheels and a safety helmet, and catch, throw, bounce, and kick a ball.
- By age 4, they can skip, swim, and complete an obstacle course.

There are many activities you can do with your child. Here are some ideas of how to be active with your child.

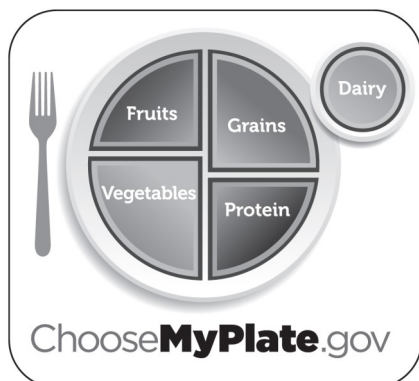
Indoor Play

Act out a story
Turn up the music and dance
Walk inside a shopping mall
Play games, such as duck-duck
goose, hide and seek, follow
the leader, Simon says

Outdoor Play

Family walks after dinner
Play catch
Take a nature hike
Games in the yard or park
Kick a ball

GROWING HAPPY FAMILIES



Make moving part of every event.

Being physically active makes everyone feel good.
Dancing, moving, playing active games, wiggling
and giggling add fun to any gathering.